

# ZUMBA

AT THE MONTACHUSETT COMMUNITY YMCA

GET YOUR HEART PUMPING WITH ZUMBA AT THE MONTACHUSETT COMMUNITY BRANCH. THIS LATIN-INSPIRED DANCE CLASS IS A NON-VERBAL FORM OF GROUP EXERCISE IN WHICH INSTRUCTORS DEMONSTRATE REPETITIVE COMBINATIONS ALONG WITH INSPIRING MUSIC CHOICES.

**MONDAYS**

9:30AM - 10:30AM

**TUESDAYS**

5:30PM - 6:30PM



YMCA OF CENTRAL MASSACHUSETTS

